



Ghomeshi suit alleges breach of confidence

Lawsuit against CBC launched
PAGE 9

Zehaf Bibeau vid will be released 'someday': RCMP

Top Mountie says shooter was 'lucid'
PAGE 6

IT'S THE MO' STASHI-FUL TIME OF THE YEAR

MOVEMBER IS UPON US
PAGE 15



Landslide Jim: LRT's time is now



Incumbent Mayor Jim Watson waves to supporters at a post-vote victory party, following a commanding win. While he claimed more than 76 per cent of the vote, Watson will be working with a council that has a different composition, including new faces and some incumbents that were bruised in tough fights at the polls. TREVOR GREENWAY/METRO

Huge win. Closest competitor Maguire says his own alternate light rail plan hurt campaign



TREVOR GREENWAY
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It wasn't even close.

Ottawa Mayor Jim Watson cruised through Monday's election with ease, snagging over 76 per cent of the vote en route to four more years at city hall.

His main challenger, Mike Maguire, came in a distant second with just over 18 per cent of the vote, giving Watson the "strong mandate" that he had set his sights on.

The re-elected mayor said the win is a message from voters that the city wants to move ahead on projects like cleaning up the Ottawa River and LRT.

"It's not just about my electoral win, it's about the fact that the public in Ottawa sent a clear signal that they want us to move ahead with light rail," said Watson, minutes after delivering his victory speech at the Hellenic Centre Monday night. "They went through cancellations and backtracking on light rail before. They don't

want to go back and push the proverbial reset button again."

Watson said that his campaign this year "grounded" him, admitting that decisions made at city hall are sometimes not what the public wants. He said knocking on doors helped him understand the urban issues at heart — issues he can't fully understand from a committee meeting alone.

"Traffic safety was a bigger issue than the green bin. Moving ahead with light rail transit, cleaning up the Ottawa River," he said. "So, sometimes there is a bit of a disconnect about what goes on at city hall and what you hear in the communities."

Maguire said that while he was "disappointed" not to be heading to city hall, he was happy that he pulled in more than 40,000 votes. He said that his alternative transit plan to replace light rail hurt him in the campaign.

"Our campaign focused on economic issues in the city and that just didn't resonate with voters," said Maguire. "We put a credible campaign together. I wouldn't do anything differently."

After losing again to Watson for the second time, Maguire told Metro he is hanging up the skates on his political career.



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'Delivered results.' Blais sweeps Cumberland for four more years

Stephen Blais can't wait to get back to work for Cumberland residents.

The councillor was re-elected Monday night in a landslide victory over first-time contender Mark Belisle, snagging more than 78 per cent of the vote.

He says it was the last four years of work he put into the ward — including more than \$100-million in infrastructure on roads, transit and seven new parks for the ward's growing families.

"For the last four years, we delivered results that mattered to the people," Blais told Metro Monday night from his home where he was celebrating with wife Marta and his son Stephen Jr.

The campaign got a bit nasty in Cumberland with Belisle calling out Blais' questionable donations from four years ago. A lawyer's letter was later sent by Blais, but in the end, it didn't matter.

Blais said his landslide win with more than 9,000 votes compared to Belisle's 2,442 sent a message that his constituents are happy with the work he has been doing.

Belisle said he had "no idea" why he lost, but blamed much of it on poor voter turnout in the ward, which ended up around 36 per cent.

"It's my first try, my first shot, so I am not that upset," Belisle told Metro Monday night.

"I had a great time on the campaign, I really enjoyed it."

TREVOR GREENWAY/METRO

No rookie. Fleury wins second term for Rideau-Vanier

You could say that Mathieu Fleury is a seasoned politician at just 29 years old.

The Rideau-Vanier councillor won his second term on council on Monday night. Although results were still trickling in, Fleury was ahead with 50.54 per cent of the vote at press time (4,342 votes).

"I think I have an amazing track record on council," he said, while celebrating at

the Royal Canadian Legion in Vanier. "We have really good projects in the area — Jules Morin Park, the renewal of Rideau Street, light rail, we have a plan for the ByWard Market, a plan to remove the trucks from downtown, a plan to redo Montreal Road. I think people believe in that. I stay positive and I have no shame in saying where we can improve, but I also am

able to have that vision for our city's future and for our community.

His biggest challengers, Marc Aubin and Catherine Fortin LeFaivre, pulled in second and third, respectively.

Aubin came out with 34.31 per cent of the vote (2,948 votes) and LeFaivre with 12.73 per cent (1,094).

LUCY SCHOLEY/METRO



Mathieu Fleury hugs a supporter at his campaign party on Monday.

LUCY SCHOLEY/METRO

War vet Jody Mitic wins tough battle in Innes



Afghan war veteran Jody Mitic came out on top with more than 33 per cent of the vote in Innes Ward.

JOE LOFARO/METRO

'I've never stopped wanting to serve.'
Winner finds silver lining in landmine injury sustained in Afghanistan



JOE LOFARO
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It was one of the most sought-after wards in the city, but in the end, Afghan war veteran Jody Mitic came out on top with more than 33 per cent of the vote in Innes Ward.

Former councillor Rainer Bloess stepped down from the helm after more than 20 years representing constituents before and after amalgamation.

Mitic, who lost both his legs in 2007 in Kandahar Province, told a rowdy crowd of supporters that "fate had something else in mind that day."

"If it wasn't for that bomb

in Afghanistan, I wouldn't have my kids, I wouldn't have Alannah, and if it wasn't for them I wouldn't be councillor-elect today," shouted Mitic.

The race in Innes was an impressive one as Mitic had no experience in municipal politics and this was his first time running in an election.

Unofficial results show he had at press time more than 4,294 votes — nearly double the amount of leading competitor Laura Dudas.

His passion for community service is what drove him, he says. "I've never stopped wanting to serve," he told the crowd.

He said he wants to bring leadership to city council and bring unity to the neighbourhoods within the ward.

"I've got a community centre to build, a road to redirect, I've got streets to have cars slow down on," he said. "And I'm going to need everyone's help to do it."

Voter turnout was pegged at 40 per cent, four per cent lower than in 2010.

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Michael Qaqish, right, celebrates winning the council seat for Ward 22, Gloucester-South Nepean, at a party held at the Broadway Bar & Grill Monday. MIKE CARROCCETTO/FOR METRO

Michael Qaqish wins in Gloucester-South Nepean

Left behind. High-profile competitors — entrepreneur Jason Kelly and journalist Susan Sherring — finished a distant second and third

Michael Qaqish came out on top in Gloucester South Nepean garnering more than 35 per cent of the vote in what was expected to be a hotly contested three- or four-way race to replace Steve Desroches. Entrepreneur Jason Kelly and journalist Susan Sherring finished a distant second and third with less than 20 per cent of the vote.

With the Strandherd-Armstrong Bridge open across

the Rideau River, it was much easier to get from South Nepean (where Qaqish lives) into the communities of Riverside South and Findlay Creek, especially later in the campaign when things heated up.

Time well saved — and probably put to good use by Qaqish and the six other candidates who were gunning to replace Desroches, who, after eight years at Ottawa City Hall, did not seek re-election.

Qaqish started door-knocking in January, giving him a head start over his main competitors.

“Hard work, hard work,” made the difference, said a shaking Qaqish, as more than three dozen supporters cheered loudly at the Broadway in Barhaven. “We started early, and we went to every door three

times. We presented good ideas, a good platform, and (residents) liked what they saw,” added Qaqish, a CHIN morning radio host who previously worked for several years in incumbent Steve Desroches’ office.

Before the long-awaited bridge opening in early July, the only way to reach both sides of Ward 22 was by driving through busy downtown Manotick, where Rideau Goulbourn and Osgoode wards intersect.

The two biggest issues in the ward are infrastructure — public transportation, including future LRT, and road improvements) and taxes, say the candidates. There was also a consensus that residents want to see their councillor and the next council hold tax increases to the rate of inflation or lower.

MIKE CARROCCETTO/FOR METRO

Coun. Diane Deans gets voted in a seventh time

Coun. Diane Deans launched her 20th anniversary in office with another election win on Monday night.

Although results were still rolling in, the Gloucester-Southgate incumbent won her seat with 55.09 per cent of the vote — or 5,583 votes. Voters have now picked her to represent the ward seven consecutive times since 1994.

“Lucky seven,” she said, adding that she’s grateful for the win after a stressful and difficult campaign. She credited her win to her ability to represent a “good range of socioeconomic backgrounds,” in her riding.

Deans has promised to keep taxes low, upgrade the city’s cycling network and improve transit. She served as chair of the Ottawa Transit Commission this last term. In 2010, she won the election with 48.48 per cent of the



Incumbent Gloucester-Southgate Coun. Diane Deans was elected to represent the ward for a seventh time. LUCY SCHOLEY/METRO

vote.

It was Lilly Obina’s second run at the seat. Again, she placed second, this time with 22.67 per cent of the vote (in 2010, she took 32.44 per cent of the vote).

She said she won’t give

up.

“I think we’ll be back,” said the volunteer and project manager, noting that people will want change at some point.

Attracting more investors in the tourism sector, bringing in higher-paying jobs for youth and improving Para Transpo services were among her priorities.

Brad Pye, a father of two and community volunteer who has worked in the international aid field in Libya, Iraq and Afghanistan, trailed in third place with 8.65 per cent of the vote (877 votes). His platform included cracking down on crime and bringing back weekly garbage pickup.

According to 2011 Census data, there are about 48,000 residents in the Gloucester-Southgate riding.

LUCY SCHOLEY/METRO

Tight race

Coun. Mark Taylor elected in down-to-the-wire squeaker

In arguably the closest race in this year’s municipal election, Coun. Mark Taylor narrowly inched ahead of former councillor Alex Cullen to secure his bid for re-election in Bay Ward Monday night.

Taylor won the race by a mere 500 votes, according to results posted on ottawa.ca before 10 p.m. on election night.

In a Twitter post Monday evening, he thanked voters for their support.

The two competitors were neck and neck in the

2010 municipal election by a margin of about 1,000 votes, when Taylor unseated Cullen.

The incumbent had 46 per cent of the vote in the west end ward, while Cullen had 42 per cent.

Cullen told Metro he was disappointed in the results given how close of a call it was, but he went to visit Taylor personally to congratulate him.

However, he says the close race is a “wake-up call” to Taylor.

“I think there’s a message there for Mr. Taylor that he has to be more responsive to his community because we came very close to knocking him off,” said Cullen, 63.

“Part of the campaign

was to hold Mr. Taylor accountable for his actions and certainly there were people who weren’t happy with how he represented the community — I mean, that’s where I got the votes.”

Cullen said he has had a good run at municipal politics, but is looking forward to “turning the page.”

Taylor was one of the first councillors to start knocking on doors when registration opened in January, asking residents about issues like transit and redevelopment.

However, this will be his last term on council as he had promised at the start of his campaign that he will not be seeking a seat on city council for a third term.

JOE LOFARO/METRO



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Meet your new city council

Incumbent Mayor Jim Watson wins his re-election with a whopping 76.19 per cent of the vote. Meanwhile, Ottawa's city council welcomes eight new faces. Here is a list of who won, and by what percentage of ballots cast, as of press time.

METRO OTTAWA
ottawa@metronews.ca

Mayoral candidates:

- Jim Watson — 76.19%**
- Mike Maguire
- Anwar Syed
- Robert White
- Darren W. Wood
- Bernard Couchman
- Rebecca Pyrah
- Michael St. Arnaud

Councillors:

- Ward 1 Orléans
Bob Monette — 75%
R. Gordon Jensen
Jennifer Robitaille
- Ward 2 Innes
Jody Mitic — 33%
Laura Dudas
Chris Fraser
Eldon Holder
Chantal Lecours
Andrew Modray
Fred Sherwin
François Trépanier
Teresa Whitmore
- Ward 3 Barrhaven
Jan Harder — 75.5%
Ian Bursey
Syed Asghar Hussain
- Ward 4 Kanata North
Marianne Wilkinson — 46.32%
Matt Muirhead
Jeff Seeton
- Ward 5 West Carleton-March
Eli El-Chantiry — 56.87%
Alexander Aronec
Brendan Gorman
Jonathan Mark
James Parsons
- Ward 6 Stittsville
Shad Qadri — 60.94%
David Lee
- Ward 7 Bay
Mark Taylor — 46.75%
Alex Cullen
George Guirguis
Brendan Mertens
Michael Pastien



This map depicts Ottawa's 23 wards. COURTESY THE CITY OF OTTAWA

- | | | | | |
|--|--|---|---|--|
| Trevor Robinson | Mohamed Roble | Peter D. Clark
Cam Holmstrom
Jevone Nicholas
Sheila Perry
Penny Thompson | • Ward 15 Kitchissippi
Jeff Leiper — 55.36%
Katherine Hobbs
Ellen Lougheed
Michelle Reimer
Larry Wasslen | • Ward 21 Rideau-Goulbourn
Scott Moffatt — 62.26%
Daniel Scharf |
| • Ward 8 College
Rick Chiarelli — 70.39%
Guy Annable
Craig MacAulay
Scott Andrew McLaren | • Ward 11 Beacon Hill-Cyrville
Tim Tierney — 82.11%
Francesca D'Ambrosio
Nicolas Séguin
Michel Tardif
Rene Tessier | • Ward 14 Somerset
Catherine McKenney — 40.13%
Martin Canning
Edward Conway
Thomas McVeigh
Conor Meade
Jeff Morrison
Sandro Provenzano
Silviu Riley
Denis Schryburt
Curtis Tom
Lili V. Weemen | • Ward 16 River
Riley Brockington — 36.98%
Mike Patton
Barbara Carroll
Don Francis
Antonio Giannetti
Jeff Koscik
Michael Kostiuik
Colin Pennie
Vanessa Nicki Sutton | • Ward 22 Gloucester-South Nepean
Michael Qaqish — 38.58%
Susan Sherring
Roger Scharfe
Kevin Fulsom
Scott Hodge
Jason Kelly
Bader Rashed |
| • Ward 9 Knoxdale-Merivale
Keith Egli — 73.22%
Cristian Lambiri | • Ward 12 Rideau-Vanier
Mathieu Fleury — 50.67%
George Atanga
Marc Aubin
Catherine Fortin LeFaivre
David-George Oldham
Marc Vinette | • Ward 13 Rideau-Rockcliffe
Tobi Nussbaum — 47.19% | | • Ward 23 Kanata South
Allan Hubley — 84.69%
David Abuwa
Bruce Anthony Faulkner |
| • Ward 10 Gloucester-Southgate
Diane Deans — 56.27%
Meladul Haq Ahmadzai
Rodaina Chahrour
George Marko
Lilly Obina
Brad Pye | | | | |

75 per cent

Harder re-elected in lopsided Barrhaven Ward victory

No surprises in Barrhaven, Ward 3.

Incumbent councillor, Jan Harder was re-elected earning 75 per cent of the vote. She celebrated her sixth consecutive council victory at Johnny Canuck's Bar and Grill on Woodroffe

Ave. with many supporters and her family.

Two challengers (Ian Bursey and Syed Asghar Hussain) signed up in hopes of dethroning the Queen of Barrhaven.

Infrastructure and jobs, says Harder, are the two biggest issues in Barrhaven.

"With the election over it's back to work; we have lots to do in order to keep moving this city forward," says the 63-year-old Harder, who has been the de-facto city councillor in

Barrhaven since her first win in 1997.

"Barrhaven will receive one-third of all road money in Stage 1 of the Transportation Master Plan," says Harder.

Harder says building a good working relationship with newly elected neighbour Gloucester South Nepean councillor Michael Qaqish will be very important over the next four years in Ottawa's fastest growing suburb.

MIKE CARROCCETTO/FOR METRO



Jan Harder celebrates her re-election in Barrhaven Ward (Ward 3) with her grandchildren and their friends at Jonny Canuck's Bar & Grill Monday night. MIKE CARROCCETTO/FOR METRO

RCMP to release Zehaf Bibeau video 'someday': Commissioner

'He was quite deliberate.' Top Mountie says shooter was lucid, purposeful and articulate in describing his actions

The country's top Mountie says it's his hope to "someday" release to the public a video left by the gunman in last week's attack on the National War Memorial and Parliament Hill.

The video made by Michael Zehaf Bibeau contains evidence that the shooting was driven by political and ideological motives, RCMP Commissioner Bob Paulson said Monday after testifying at a Senate committee.

"He was quite deliberate, he was quite lucid and he was quite purposeful in articulating the basis for his actions," Paulson said after the hearing when



RCMP Commissioner Bob Paulson appears at Senate National Security and Defence committee in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

asked to describe the video.

"They were in respect, broadly, to Canada's foreign policy and in respect of his religious beliefs."

While the video is still being

analyzed by police in order to ensure they can extract all of its evidentiary value, Paulson told the committee that it's his hope it will eventually be released to the public.

"We're interested in getting that before the public, but we're interested in making sure that we have secured — and are confident in — its intelligence and evidence value," he testi-

fied.

"It will certainly someday be released.... I really am inclined to overcome those challenges and get it released as soon as possible." **THE CANADIAN PRESS**

Michael Zehaf Bibeau

Video found on device

In his self-made video, Zehaf Bibeau said he will act in the name of Allah in response to Canada's foreign policy.

RCMP Commissioner Bob Paulson said the video was recovered from a device, adding that investigators aren't sure yet if the video has been shared.

"Our belief is that it has not gone anywhere else," he said of the video. "We want to be able to satisfy ourselves whether or not there were individuals who were contributing to this person's radicalization and his jihadist views."

THE CANADIAN PRESS

Man charged in cop assault

Ottawa police say a man is facing four charges after an officer was allegedly assaulted during a traffic stop and a gun was fired by an OPP officer who intervened.

No one was injured by the gunshot in the weekend incident but police say a conducted energy weapon was deployed before the suspect could be arrested. The Taser shot missed its target, police said, but the man was apprehended anyway after he allegedly tried to flee.

Police say the incident began around 3:30 p.m. Saturday when it's alleged a

man pulled over by officers became combative and assaulted one of them as they tried to subdue him.

A provincial police officer who was in the area saw the altercation and went to help the other officers and police say that officer discharged a firearm once.

Luqman Abdunnur, 39, is charged with assaulting police, obstructing a peace officer, resisting a peace officer and driving while under suspension.

The matter remains under investigation by Ottawa police. **THE CANADIAN PRESS**



An Ottawa police officer walks away from a car following a traffic stop that turned violent Saturday afternoon. MIKE CARROCCETTO/FOR METRO

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TONIGHT @ 8:30 PM: BREAKING THE SHELL with Shani Mootoo, Lee Maracle and David Bergen • Hosted by Sean Wilson

TOMORROW AT THE FESTIVAL:

NOON: Write On! START AT THE BEGINNING with David Bergen • Hosted by Sean Wilson

6:30 PM: WHERE THE PATH MAY LEAD with Martha Baillie, David Bezmozgis and Dionne Brand
Hosted by Sandra Ridley

8:30 PM: CARLETON UNIVERSITY ART GALLERY AND THE CANADIAN ART FOUNDATION PRESENT SARAH THORNTON in conversation with Robert Enright

Rideau Canal Skateway

Roads close for skating installation

Parts of Colonel By Drive and the Queen Elizabeth Driveway will be temporarily closed on Tuesday to allow the installation of concession equipment for the Rideau Canal Skateway.

Closures will happen from 7 a.m. to 9:30 a.m. on Queen Elizabeth Driveway at Fifth Avenue. Flag persons will be on-site to slow down and control the flow of traffic. **METRO**

Ottawa

Carlton names Chi as chancellor

Carleton University announced its board of governors reappointed serial entrepreneur Charles Chi as chancellor for a second three-year term effective Nov. 29.

Chi was appointed the university's 11th chancellor in 2011. He is the executive chairman at Lytro, a firm developing revolutionary photography technology. **METRO**

Concerts

Anthrax hits Ottawa in 2015

Heavy metal rockers Volbeat of Denmark and metal icons Anthrax will perform at TD Place on May 13, 2015.

"Anthrax is legendary and Volbeat is Europe's top metal band, but their music really reaches beyond that label," said TD Place vice-president Mike Cerha in a news release.

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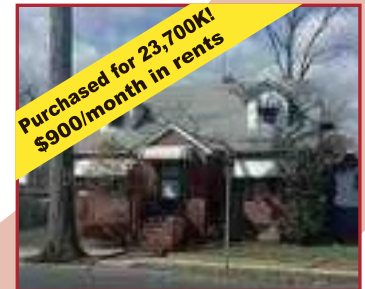
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See dealer for details. ‡\$100/monthly freight & PDI (\$1,500), registration, air and tire services and OEMVIC fees included. Insurance, license, PSPA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. --Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013 or 2014, 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada between October 1 and October 31, 2014 (except 2015MY Cadillac Escalade). Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: \$750 credit available on all eligible Chevrolet, Buick Vehicles; \$1,000 credit available on all Cadillac vehicles (except 2015MY Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. 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See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. ---Offer applies to eligible current owners or lessees of any model year 19

Ghomeshi's \$55M lawsuit against CBC alleges breach of confidence

BDSM. Former radio show host claims he was terminated because of 'possible negative public perception'

Lawyers for radio star Jian Ghomeshi made good Monday on their promise to launch a lawsuit against the CBC, alleging breach of confidence, bad faith and defamation by the public broadcaster.

Ghomeshi, 47, is seeking \$55 million from the CBC, according to the lawsuit, plus special damages.

The suit says "the claim is the result of the CBC misusing personal and confidential information provided to it in confidence and under common interest privilege."

On Sunday, the CBC said it was severing ties with Ghomeshi because of "information" it had received about the Q radio show host. Lawyers from Dentons Canada LLP then announced their intention to sue the CBC on Ghomeshi's behalf.

Shortly after that, Ghomeshi posted a long Facebook message saying he had been fired by the public broadcaster for his "sexual behaviour." In the post, Ghomeshi explained that he liked to engage in rough sex, but said it was always consensual. He said he told the CBC about his sexual preferences after he became aware that a freelance writer was looking into allegations that he'd engaged in non-consensual "abusive relations."

Over several months, Ghomeshi provided CBC representatives with private information, including details of his sexual relationships, according to the suit. The broadcaster "assisted in drafting responses to media enquiries, as well as press releases to be issued on Mr. Ghomeshi's behalf, if it became necessary to do so," the suit says. **THE CANADIAN PRESS**



The Canada-wide response to the weekend saga between CBC and radio host Jian Ghomeshi was so thunderous, our neighbours to the south felt the reverberations. CBC/THE CANADIAN PRESS

Ghomeshi stickhandles scandal with Facebook

While Canadians digest the news of Jian Ghomeshi's abrupt dismissal from the CBC over the weekend — and decide whether allegations of violence made public by The Toronto Star justify it — one expert says the embattled host has already won the PR battle.

Toronto-based digital communications strategist Taylor Mann told Metro Ghomeshi's swift response to the news of his firing through his Facebook page — hours before details of the allegations came to light — has left him in control of the story's arc.

"Everything is now framed around, first of all, his firing but also his 'sexual preferences' whereas if this was broke by a national newspaper it would have been framed 'Canadian celebrity is sexually aggressive with women,'" explained Mann. "Because he got out there first he has (controlled) and will continue to control the narrative."

With public relations powerhouse Navigator, hired to help Ghomeshi manage the

Masters of spin

PR firm Navigator is no stranger to high-profile cases. Its list of clients includes former Prime Minister Brian Mulroney, who enlisted the firm's help while he faced public scrutiny during the Airbus affair.

- In 2009, former Ontario attorney general Michael Bryant hired Navigator after an altercation on a Toronto

street resulted in the death of cyclist Darcy Allan Shepard. Bryant was charged with dangerous driving causing death, but the charges were later withdrawn.

- Navigator's chairman is Jaime Watt, a former strategist with the Ontario Progressive Conservative party whose past includes a conviction for fraud.

crisis, Mann said he is under no illusions the Facebook post was organic.

"It was meant to look very much like he sat down on a laptop and just wrote his thoughts out ... but this is clearly a very well-executed strategy on their part," he said.

Siri Agrell, vice-president of public relations giant Pilot PMR, said she believes Ghomeshi's choice to go on the offensive, portraying his accusers as conspiratorial and

"jilted," will do more harm in the long run.

"I would hope Jian and Navigator would reflect on their strategy ... If the ramifications are making it unsafe for women to come forward, you really need to think about how you're approaching this."

"Fundamentally, if you attack women who say you hit them, you're not going to get public opinion on your side."

SHANE GIBSON/METRO IN WINNIPEG
WITH FILES FROM LUKE SIMCOE

Modern rape culture

WHY DON'T VICTIMS OF SEX ASSAULT GO TO POLICE?

If a tree falls in the forest and no one files a police report — did it make a sound?



RUTH DAVENPORT
Metro in Halifax

Some of the thousands of people weighing in on the Jian Ghomeshi affair seem to be convinced that if a woman who has been sexually assaulted doesn't go to the police with her allegations she couldn't possibly have been assaulted.

Setting aside for a moment the weird paradigm under which police reports dictate reality, let's just think about the horrifically intimate crime of sexual assault. Think about being groped, molested and raped, and then think about whether you'd want to give the detailed play-by-play to a whole stable of complete and mostly male strangers. Think about having to relive the encounter over and over as you make your way through the courts, facing down thinly veiled skepticism and often open judgment along the way.

As a reporter and feminist, I encounter the treatment of sexual assault victims on a pretty regular basis. I've been in courtrooms where defence lawyers have sneeringly cast a woman's behaviour in the worst possible light. I've bitten my tongue when male police officers dutifully warn women to never walk alone at night without ever telling men not to rape women who are walking alone at night. I've been in heated debates over girls-only dress codes in schools and the message that's sent to young men when they're not told that women aren't their toys, regardless of their clothing — or lack thereof.

I don't know what the truth is in the Jian Ghomeshi affair. I do know that dismissing any woman's allegation simply because she hasn't gone to the police is laughably simple-minded, and yet I've seen plenty of friends and associates espouse this flawed logic. Without hearing directly from anyone but Ghomeshi himself, they have responded with incredulous, wounded outrage, savagely puritanical indignation, derision and finger-pointing at these women — and then they ask why the women wouldn't go public.

Just consider for a moment the bile spewed at Jennifer Lawrence, who had the nerve to have nude photos of herself on her phone. She didn't accuse anyone of rape, but for having naked pictures she was labelled a slut. Consider Robin Williams' daughter, who was bombarded with graphic altered photos of her famous father after his suicide. Think of Janay Palmer, the wife of Ray Rice, who was subject to questions about having provoked that elevator punch, and then characterized as a gold-digger because she didn't leave her husband.

Women, it seems, always have an agenda. We don't actually slap scarlet letters on them anymore, but thanks to the Internet, women who accuse a man of any kind of misbehaviour risk having not only their identities being exposed and publicized, but also an eternal water-torture drip-drip-drip of daily character assassination.

Refusing to file a formal complaint — the decision made by approximately nine of every 10 sexual assault victims — isn't a case of modesty or manipulation. It's simple survival. And modern rape culture is thriving on it.

Online

For the latest updates, go to metronews.ca.

- Adult store owner breaks down BDSM.
- Can someone get fired for something in the bedroom?



That's all, folks? Toronto says no to Ford more years

Mayoral race. John Tory's victory over Doug Ford effectively concludes chaotic, off-surreal campaign

John Tory has been elected mayor of Toronto. The Ford era is over.

Tory promised "sensible, competent, accountable" leadership after four years of scandal and upheaval under Rob Ford. His win over Doug Ford and Olivia Chow, as The Canadian Press reports — much narrower than predicted by recent opinion polls — is a repudiation of the siblings whose behaviour outraged most of the city.

Tory, who launched his campaign in a distant third place, took the lead for good three months ago. But the steady polling trend line belies

the mayhem of a campaign in which the celebrity incumbent left the city for two months to receive treatment for drug and alcohol addiction, was diagnosed with a rare cancer, and was replaced on the ballot by his brother a mere 45 days before the vote.

Tory rose on the strength of his centrist good-government message, pleasantly staid personality and a single signature policy proposal, the SmartTrack surface rail line he claimed would "solve" the city's traffic congestion problem "quickly."

With the help of endorsement upon endorsement from members of the provincial Liberal caucus, the former Progressive Conservative leader beat Chow, a former New Democrat MP, in the critical battle for middle-of-the-road voters.

Tory, 60, will become Toronto's 65th chief magistrate on Dec. 1.

Doug Ford's defeat effectively concludes the chaotic and off-surreal period in which Toronto became a fixture on late-night U.S. comedy shows.

Doug Ford, a conservative councillor and a businessman, ran a heavily negative and frequently dishonest campaign focused on Tory, whom he called an establishment "elite" figure disinterested in "the common folk."

Strategic anti-Ford voting appeared to be a significant factor in the outcome. When fourth-place candidate David Soknacki dropped out of the race in September, he said the election had turned into a "referendum on Rob Ford" rather than a clash of ideas.

Tory will have to deal with a very vocal and very famous antagonist: Rob Ford was elected to his former Etobicoke North council seat despite his inability to campaign. **TORSTAR NEWS SERVICE**



Ford brothers Doug, left, and Rob in the Ford home in Etobicoke Monday, after the mayoral election results were announced. **TORSTAR NEWS SERVICE**

Moncton shooter wanted to start rebellion, court hears

Justin Bourque was frustrated with his job and wanted to do harm to the oil industry.

Instead, he chose to target police officers because of the badge they wore, killing three Mounties and wounding two others in Moncton, N.B., a sentencing hearing heard Monday.

Crown lawyer Cameron Gunn began laying out his case that Bourque, 24, should have his parole ineligibility set at 75 years while serving a life sentence for three counts of first-degree murder and two counts of attempted murder.

"He targeted them not because of any animosity to them specifically, not for lust or greed or any of the normal things you might see in a murder sentencing," Gunn told the Court of Queen's Bench.

"He targeted them specifically because of who they were, what they did, the badge they carried, the flash on their shoulders, the uniform they wore."

A single conviction for first-degree murder carries a mandatory life sentence and a ban on applying for parole



Victor Bourque heads from Moncton Law Courts during a break at the sentencing hearing for his son, Justin Bourque, in Moncton, N.B., Monday. **THE CANADIAN PRESS**

for 25 years. But Gunn is arguing the 25-year parole ineligibility period for each murder conviction should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he was 99 years old.

If granted, that would be the harshest sentence in Canada since the last executions in 1962.

"The question you will have to answer at the end of this is, 'What is the value of

a human life?'" Gunn said before a packed courtroom.

An agreed statement of facts previously filed with the court says Bourque's actions were both "planned and deliberate" when he used a Poly Technologies M305, 308-calibre semi-automatic rifle to kill constables Dave Ross, 32, Fabrice Gevaudan, 45, and Douglas Larche, 40. Constables Eric Dubois and Darlene Goguen were also wounded. **THE CANADIAN PRESS**

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Spree of kidnappings leads to doubts about ceasefire

Nigeria. In days since truce with Boko Haram announced, at least 70 youths have been taken

Dozens of girls and young women are being abducted by Islamic extremists in northeast Nigeria, raising doubts about an announced ceasefire and the hoped-for release of 219 schoolgirls held captive since April.

On Oct. 17, Nigeria's military said a ceasefire had been agreed to with Boko Haram and ordered troops to comply immediately. Officials said the ceasefire would lead to the speedy release of the girls kidnapped from a boarding school in the remote northeastern town of Chibok on April 15.

But there have been a number of kidnappings and battles since then that call the cease-



In this May 19 photo, Martha Mark, the mother of kidnapped schoolgirl Monica Mark, cries as she displays her photo in the family house in Chibok, Nigeria. SUNDAY ALAMBIA/THE ASSOCIATED PRESS FILE

fire into question.

At least 70 young women and teenage girls and boys have been kidnapped in Borno and

Adamawa states since Oct. 18, according to local government chairman Shettima Maina and residents who spoke on con-

dition of anonymity because they feared retribution.

The insurgents have also launched several attacks since

the ceasefire was announced. On Friday, a multinational force including troops from Nigeria and Niger engaged in fierce fighting to regain control of Abadam, a town held by Boko Haram on the western shores of Lake Chad.

Ten days after the announcement, Boko Haram has not indicated that it has agreed to a truce.

Nigeria's minister of foreign affairs, Aminu Wali, said Monday that Boko Haram has denied recent kidnappings and suggested it might be the work of dissidents wanting to break the ceasefire. He said the release of the Chibok girls is part of ongoing ceasefire negotiations, which would not be affected by the latest abductions.

"There is still negotiation going on and we expect a lot of progress to be made," Wali told a news conference in Abuja, Nigeria's capital.

THE ASSOCIATED PRESS

Israel. PM will still build in East Jerusalem

Israel's prime minister pledged Monday to keep building in east Jerusalem, despite stiff international criticism and recent rising tensions between Jews and Arabs in the city.

Earlier in the day, Prime Minister Benjamin Netanyahu's government said it was advancing construction plans to build about 1,000 housing units in east Jerusalem, the part of the city the Palestinians demand for their future state.

Speaking to parliament, Netanyahu defended the stance saying there was a wide consensus in Israel to continue building throughout the city, just as every Israeli government has done since Israel captured east Jerusalem in 1967.

"Even the Palestinians know that these places will stay in Israeli sovereignty under any agreement," he said. THE ASSOCIATED PRESS

Pistorius case appeal to come

Prosecutors in the Oscar Pistorius case said Monday they will file appeal papers in the next few days against the verdict and sentence after the Olympic runner was convicted of culpable homicide and given a five-year prison term for killing his girlfriend.

The decision by South Africa's National Prosecuting Authority could see Pistorius face a murder conviction again for shooting Reeva Steenkamp and, if found guilty on the appeal, a minimum of 15 years in prison.

The 27-year-old double-amputee athlete was acquitted of murder by Judge Thokozile

Masipa for shooting Steenkamp multiple times through a toilet cubicle door in his home. He testified he mistook her for a nighttime intruder. Masipa found him guilty instead on a lesser charge comparable to manslaughter.

The NPA said in a statement its decision to appeal was based on a "question of law," meaning it believes that Judge Masipa misapplied the law when she acquitted Pistorius of murder.

Prosecutors must apply initially to Masipa for permission to appeal within 14 days of Pistorius' Oct. 21 sentencing.

THE ASSOCIATED PRESS



Oscar Pistorius THEMBA HADEBE/THE ASSOCIATED PRESS FILE

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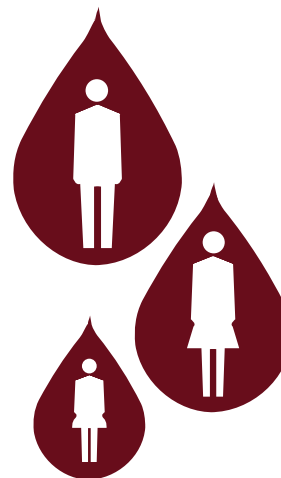
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Ebola

Nurse released from quarantine

A nurse who worked in West Africa with Ebola patients was released Monday afternoon after being quarantined through the weekend in an isolation tent at a New Jersey hospital.

Kaci Hickox had been symptom-free for 24 hours and was being taken to Maine, where she lives, the state Health Department said in a statement Monday.

THE ASSOCIATED PRESS

Washington state

Shooter invited victims to lunch

A popular student responsible for a shooting at a Washington state high school on Friday invited his victims to lunch by text message, then shot them at their table, investigators said Monday.

Sheriff Ty Trenary said at a news conference that the five students were at a lunch table when they were shot by 15-year-old Jaylen Fryberg. THE ASSOCIATED PRESS

Died in Syrian prison

Doctor killed unlawfully: Jury

The family of a British doctor who died last year in a Syrian prison claimed vindication Monday after a jury determined that he had been unlawfully killed.

The case involves the death of 32-year-old orthopedic surgeon Abbas Khan in December, after he was taken into custody by Syrian authorities.

THE ASSOCIATED PRESS

THE CASE OF THE FACE AND HOW WE DEBASE

In a week that saw the Ebola epidemic spread to the United States and the dramatic death of two Canadian soldiers, how is it that a movie star's red-carpet appearance still managed to soar to the top of trending lists at home and abroad?

In case you missed it (how did you miss it?) the Internet had a collective freakout last week over Renée Zellweger's face. The actress, who has been out of the spotlight for a few years now, was photographed at ELLE magazine's annual Women In Hollywood Awards in California exhibiting what many claimed to be an entirely unrecognizable new appearance.

Media outlets around the world criticized the 45-year-old star for altering her face beyond recognition. Plastic surgeons were recruited to weigh in on her new look. Blogs and morning shows were infiltrated with before-and-after images and scribbled diagrams to indicate where she might have had work done. The London



SHE SAYS
Jessica Napier
metronews.ca

Evening Standard in England went so far as to refer to the story as Facegate ... FACEGATE! That's right, a newspaper likened one of the greatest political scandals in American history to a woman's brow line.

Unfortunately, the actress felt pressured to release a formal statement on the matter in which she referred to the media coverage as "silly" (yeah, no kidding) and insisted, "I'm glad folks think I look different ... I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows."

Let's face the facts, shall we? (Sorry, I couldn't help myself.) Our beloved Bridget Jones is definitely looking a little different. However, the hows and whys of her new look aren't really a debate that any

of us should bother weighing in on. Despite the media outcry surrounding her appearance, Zellweger doesn't actually owe any of us an explanation, especially not the gossip-mongering

magazines that make a living exploiting the private lives of celebrities. Her personal decisions shouldn't make any of us feel cheated or betrayed, and they certainly shouldn't result in what the Daily Beast referred to as a "worldwide panic." I think the world has enough real problems to focus on without worrying about whether a celebrity opted for cheek fillers or Botox.

Hollywood is a bizarre micro universe that pressures women to look a certain way and then condemns them for actually trying to achieve it. You must look young and beautiful, but don't you dare try too hard or your efforts will become obvious. The backlash here is the result of this twisted reasoning; Zellweger, who won the hearts of moviegoers by portraying likeable characters we could relate to, is now guilty of aging in public, in a way that her fickle fans don't understand and consequently don't accept.

Fans of classic romantic comedy one-liners will remember that the charming Mark Darcy famously tells Bridget Jones that he likes her, just the way she is. Now if only we could say the same about the real-life woman behind the character.

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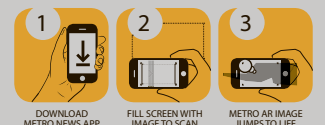
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MetroTube

It took 25 years – but the future is finally here



ANDREW FIFIELD
andrew.fifield@metronews.ca

There's something about those Back To The Future hoverboards that sears their tantalizing promise into our brains. Because of that, of course, unscrupulous sorts have for years been dangling bogus announcements that they're on the way. Well, one company has finally opened the door and CNET was lucky enough to take the gadget for a spin. So far it handles like a slightly more agile Roomba, but I think I'm ready for some unfettered excitement. (CNET/YouTube)



Twitter

@metropicks asked: A tie in a mayoral election was decided by a coin toss in a town in Peru. What's your out-of-the-box electoral reform idea?

@hfxgolfguy: rock paper scissors...

@seemetrolling: give elections and politics coverage as detailed and stats-oriented as we have for the NHL

@deankoshelanyk: most public meetings attended on a volunteer basis



DVD review



Begin Again

Director. John Carney

Stars. Mark Ruffalo, Keira Knightley

Music has the power to make us want to believe, which is why the blandly titled *Begin Again* often succeeds in spite of itself.

We want to believe Mark Ruffalo, playing a boozed-up and burned-out talent scout, is transported by the girlish warblings of Keira Knightley.

We want to believe writer-director John Carney can transport the feelings of his 2006 musical romance *Once*, with its Oscar-winning song *Falling Slowly*, from Dublin to New York.

Begin Again is much more calculating than *Once*, and there may not be a single memorable tune, but there's enough there to make you accept the characters and cheer for them.

Knightley transfers her movie-star charm to her club chanteuse act, while Ruffalo's likable loser routine manages to rise for an encore. Watch them joyously dance together in Times Square to Stevie Wonder's *For Once In My Life* and you get it.

Deliver Us From Evil

Director. Scott Derrickson

Stars. Eric Bana

Be very afraid when you see "inspired by" flash on the screen at the start of *Deliver Us From Evil*, a not-so-scary supernatural horror movie set in the Bronx. The subject in question is the real-life career of NYPD Sgt. Ralph Sarchie, a retired beat cop and demon chaser. If we actually had more of the sergeant's spark from Eric Bana, who plays Sarchie in the film, then *Deliver Us From Evil* might not have been DOA. Writer-director Scott Derrickson's efforts amount to just another dumb riff on *The Exorcist*.

PETER HOWELL



Minnie Driver as Fiona and Benjamin Stockham as Marcus in the television series *About a Boy*. GLOBAL

Minnie has a mother of a run as offbeat mom

Television. Minnie Driver gets maternal in unconventional ways on screens big and small



NED EHRBAR
Metro in Hollywood

Between her work on *About a Boy*, now in its second season, and in the upcoming film *Beyond the Lights*, Minnie Driver is giving something of a master class in questionable parenting styles. But her kooky new-age Fiona on TV is a lot less dangerous to her child's psyche than is her aggressive stage mom-manager to a pop star on the verge of a nervous breakdown.

It's interesting to see how different the TV show *About a Boy* is from the film.

I loved the movie a lot. I just watched it on the plane the other day. Toni Colette is so good in that film. But she just couldn't be that dark on TV. It's so beautiful how fragile she is psychologically and that whole notion of "no man is an island," which it's all built around. You have to have more than one person because of our fragility. But I take that sentiment into our show.

The movie was much more of a dramedy. Definitely, definitely. Our show is a full-on comedy. With a heart!

A lot of people are approaching the show like a romantic comedy, with a "will they or won't they" aspect to *Will and Fiona*. Which is good. But anyone with an even basic understanding of satisfaction and psychology knows that if the "will they, won't they" was they will, they'd then lose interest and be disheartened and sad because they don't actually want that. What's fun is to watch the cat chase after the mouse and then the mouse fight back. It's not fun to see the cat and the mouse snuggled up in bed. That's fun for a minute, then it's boring and you have nowhere to go. So I would say the deliciousness is in the anticipation of how it would possibly shake down and watching them get there. But the notion of a really unusual family is what is interesting to me.

Also, the film can have its wonderful resolution for this group of people, but you need to keep a show going. I think it's tricky, but if anyone can do it, Jason Katims can. And certainly where we're at in this season, they

Watch *About a Boy*

About a Boy airs Fridays on Global at 8 p.m. ET/PT, and is available online on Saturdays.

have me falling in love and having this big relationship, and it's super-awkward and dreadful and brings up all sorts of stuff for the kid. It's really interesting. But you do have to keep creating conflict, that's what makes it a comedy. And luckily they're conflicted people who are messy and imperfect. That's what you realize you need to tune in to. You want to see two characters coming at the same subject from completely different angles and they both need to be right and believe that they're right — until the point that maybe one concedes a little bit or the other concedes a little bit. And if that's the formula, then that's all right because you can write around that really cleverly and brilliantly for a long time, I think. Hopefully, I'd like to be doing it for a long time.

And how surprised were you by your younger co-star's sudden voice change? Oh my God, it was so funny. We laughed, we did laugh, bless his heart. I mean, poor

thing, he's just growing up on camera. It's not easy, it's awful. But he's so sweet, he's a great boy.

And in *Beyond the Lights*, you play a much different maternal figure: this cold, calculating stage mom driving her daughter to pop stardom and a meltdown.

Reality television has kind of defined a caricature of that archetype, but for me she's got a bit of Svengali in her, a bit of the evil stepmother, a bit of the good mother. You take pieces of each of those and you weave it together. It was a really interesting playground. She encouraged her daughter to be the sexualized version — this cookie-cutter idea — of what it is men want to have sex with, what women aspire to be, what's on the cover of magazines.

That same behaviour might be seen differently if it were a father and son in a sports drama.

You're absolutely right. You frame it a different way and it becomes this story of courage and what it is to be a man. I think it is definitely a double standard. It's the way that we look at things. We don't examine what we're teaching our kids in terms of stereotypes and also how to turn things into a positive.

2 SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Catchy new song portrays Shia LaBeouf as a cannibal, with a nod to Citizen Kane

Here's something interesting (and that's putting it mildly). Musician Rob Cantor has composed and arranged a song called Shia LaBeouf, a thrilling tale of being lost in the woods and terrorized by the infamous actor and sometimes performance artist.

In the song, LaBeouf is cast as a sadistic cannibal. "He's almost upon you now and you can see there's blood on his face," Cantor speak-sings. "My God, there's blood everywhere!"

But that's just the song. The video for it, a live performance in a theatre space, features Cantor backed by a band, a string quartet, the West Los Angeles Children's Choir and the Gay Men's Chorus of Los



Shia LaBeouf ALL PHOTOS GETTY IMAGES

Angeles, plus choreographed dancers — some wearing giant papier-mâché LaBeouf heads — Kung fu fighters and aerialists.

There's even a twist ending, which is all the more delicious when you realize it's a visual reference to Citizen Kane.

The Word

Is a pic with Oprah worth sacrificing a toe or two?



NED
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Metro in Hollywood

This probably isn't what Oprah Winfrey meant with her famous, "You get a car! And you get a car!" routine.

The media mogul's SUV ran over a woman's foot outside a Miami steakhouse.

"It has always been on my bucket list to meet Oprah, but I could never have imagined it would be because her driver ran over my toe," the victim, Lori Geller Bender, tells Page Six.

See, that's the thing about the Secret. You have to be specific, or who knows what will happen?

"We were crossing the street to arrive at the restaurant, and there were a lot of cameras. I could see a big crowd of security guards, and as soon as Oprah got into the car, it pulled out



from the curb and a wheel went over my foot. I was wearing heels, my toe was trapped under the wheel and I fell to the ground, hitting my coccyx and my head," Geller Bender says.

"The driver reversed off my foot and Oprah jumped out. She couldn't have been nicer and more gracious. She looked really shocked and asked me if I was OK, and took a good look at my foot. I wasn't hurt, and I

told her I was fine.

"Oprah said, 'Well, that's worth a picture,' and she put her arm around me and we took some photos."

OK, two things: As impressive as her resumé is, Winfrey is not an orthopedist, so I'd take her assessment of your injuries with a grain of salt. And two: I bet a lawyer would have a different opinion of what "that's worth," but what do I know?

DiCaprio chimps out while dates skimp out

Leonardo DiCaprio knows how to party, and apparently that means wearing a chimpanzee mask.

A man believed to be DiCaprio was seen alongside Australian pal James Packer ushering a trio of women clad in skimpy Halloween costumes into a waiting SUV outside of Nobu in Malibu over the weekend.

For those playing along at home, while the men in the group were wearing casual clothing plus masks — the bare minimum of effort — the women were dressed up as Sexy Wonder Woman, Sexy Greek Goddess and Sexy Playboy Bunny (which is more than a little redundant, really).

Look, I know it's Halloween and all, but I don't see why celebrities like DiCaprio don't just do this all the time. Everyone knows the old baseball cap and sunglasses routine doesn't fool anyone.

'OK-looking' Helen Mirren is new face of L'Oreal

There's ain't nothing like a Dame. None other than Dame Helen Mirren has been named as the new face of L'Oreal and will be repping the cosmetics giant alongside Blake Lively, singer Cheryl Fernandez-Versini and model Lara Stone. Mirren, though, is more than happy to downplay her own appeal.

"I am not gorgeous and I never was, but I was always OK-looking and I'm keen to stay that way," she says. "I have always loved the L'Oreal Paris brand, and I hope I can inspire other women towards greater confidence by making the most of their natural good looks. We are all worth it."

Yeah, but if Mirren is just OK looking, what hope do the rest of us have?



Helen Mirren



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Kristen Stewart

Kristen Stewart's lofty ego has childhood friends 'dropping like flies'

Kristen Stewart has changed, man. At least that's the line some of her anonymous "friends" are feeding Radar Online.

The former Twilight star, who recently announced she's "taking time off" from acting, has been putting on airs, apparently. "Kristen doesn't even resemble the person that we knew from

before she was with Rob (Pattinson). She used to be a very low-key, cool girl," a source gripes. "But her inflated ego has convinced her that even her childhood friends only want to hang out with her because of 'who she is.' It's really sad, and her friends are literally dropping like flies." Wait, literally? That sounds terrifying.

Grow a mo for men's health

A worthy cause. Men are still avoiding the doctor's office, but Movember wants to change that

WAWN HIMMELSBACH
life@metronews.ca

Starting next week, clean-shaven men will be stubbly, then scruffy before sporting full-blown handlebar 'staches. Yes, it's Movember.

The message behind Movember is to encourage conversations about men's health and raise money for prostate cancer, testicular cancer and mental-health issues. Participants, called Mo Bros, start with a clean-shaven face and grow a mo over the course of November — no beards or goatees allowed.

There's a need to have these conversations because men still shy away from going to the doctor. Women, on the other hand, come from a culture where they talk about their breast and menstrual health from an early age, and that's perfectly acceptable, says Peter Mallette, executive director of Prostate Cancer Canada's Atlantic Regional Office in Halifax.

Men's reluctance to visit their general practitioner is problematic, since early detection is so critical in fighting all cancers. And that's where campaigns like Movember come in.

"This is not just about the finger in the bum," says Pete Bombaci, country director of Movember Canada. "It is about a broader awareness of your health and the different components to diagnosing



Last year, 173,000 registered Mo Bros and Sistas across the country raised \$33.9 million, with 90 per cent of funds committed to programs. ISTOCK

prostate cancer."

"If a guy is talking about anything below the belt, he's usually lying or boasting," says Mallette. "I'm convinced a lot of the men who show up at a doctor's office for a prostate exam are there because a woman has made the appointment for them. We just don't think it's going to happen to us."

But one in eight men are diagnosed with prostate cancer each year — and about 4,000 men in Canada will die from it — making it more prevalent than breast cancer.

If it's detected early,

however, it's almost always treatable and survivable. The challenge is getting men to get screened.

Mallette is one of those survivors. "Prostate cancer is not an old man's disease," he says. "I was in my 40s. Younger and younger men are being diagnosed. Our position is when you turn 40, you should start having that conversation with your doctor ... especially if there is a genetic link in your family."

Men between the ages of 20 to 50 are usually deeply invested in work and family, and unless there's a big red

flag, they tend not to seek help because of the assumption that everything is going well, says Dr. John Oliffe, a Mo Bro and professor at the University of B.C.

"Prostate cancer is a classic example — very few men have symptoms."

So once it becomes symptomatic, the disease has likely advanced. Those side effects include urinary incontinence and issues relating to sexual function and "guys just don't want to think about it," Mallette says.

"This isn't going to change

Mo Sistas

In many cases, women are the "gatekeepers" of a man's health, whether booking an appointment with his doctor or encouraging him to do it. Women can continue to do what they've always done: support the loved ones in their life, says Bombaci. Women can also register as a Mo Sista during Movember. "You can do everything a Mo Bro can do other than grow the moustache," says Bombaci. Getting women to encourage the men in their life to grow a mo and open up about their health is a powerful component of the campaign. "Women have been really good about looking after the health of the men in their lives, but I'd encourage men to encourage their mates or buddies to look after their health," says Oliffe. "Often-times it's the permission of men that helps you do things."



Women can sign up as Mo Sistas during the campaign. ISTOCK

in one year," says Bombaci. "This is going to take many years of men growing moustaches, (but) we will win this battle together to reinforce with men that it's OK to not be invincible and it's OK to seek help when you're not feeling well."

3
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What's behind bad food decisions?

Studies. There may be scientific reasons why you are making choices that aren't good for you

EVA KIS
Metro in New York City

Food cravings — and not just the pickles-and-ice-cream pregnancy kind — show how little control we feel sometimes when it comes to food.

We've rounded up three new studies that looked at some factors that could be warping our eating habits.

Dip in blood sugar

Craving pizza or planning a snack binge?

A University of Washington study of identical twins raised together (to eliminate genetic and environmental differences in food habits) found that our brain's response to the sight of food appears to be driven by how low our blood sugar level is at the moment.

Twenty-one twin pairs ate from a buffet, then their brains

were scanned while looking at images of food.

For the twin who made less satisfying food choices (as measured by blood glucose), the images provoked a stronger mental response.

A bias for high-calorie foods

Everyone knows you shouldn't shop hungry. Not only will you buy more food, but you'll also buy food with higher caloric density.

A new study found that while we're generally bad at estimating the calories even in foods we like, in a simulated auction study participants were willing to bid higher amounts on the higher-calorie foods — suggesting that the brain has an internal calorie counter that prizes such items.

"Earlier studies found that children and adults tend to choose high-calorie food," according to study author Alain Dagher, a neurologist at the Montreal Neurological Institute.

"The easy availability and low cost of high-calorie food has been blamed for the rise in obesity. Their consumption is largely governed by the anti-

pated effects of these foods."

Perception of value

Want a meal to taste better?

Pay more for it and it will taste better, researchers at the Cornell Food and Brand Lab found.

In the study, 139 diners at an Italian all-you-can-eat buffet were charged either \$4 or \$8.

They then rated the taste of the pizza and how much they enjoyed the dining experience.

"People set their expectation of taste partially based on the price — and it becomes a self-fulfilling prophecy," says Dr. David Just. "If I didn't pay much, it can't be that good."

"Moreover, each slice is worse than the last. People really ended up regretting choosing the buffet when it was cheap."

Diners who paid the higher price rated the pizza as being 11 per cent tastier. In both situations, diners ate an average of three slices of pizza. The lesson?

"Go to the most expensive buffet you can afford. You'll eat the same amount, but enjoy the experience and the food more!" says co-author Dr. Brian Wansink.



A bias toward high-calorie foods contributes to poor choices. ISTOCK

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Theresa Albert
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I never met a leftover I didn't love.

They are simple second suppers that make week-nights go smoothly as long as you follow a few rules.

Some rules pertain to consuming food safely, which is your top priority. Others just offer a spoonful of sugar to help them go down with your family.

If you are on your own or part of a duo, this concept will be your best friend because it allows you to make the biggest effort once and enjoy the fruits of your labour all week!

Safety

- Consume within 2-3 days or freeze for 3-5 weeks.
- Reheat only once! If you don't finish that portion, you must throw it out.
- Cool in small containers in the fridge as quickly as possible. Large, deep containers can hold the heat long enough to allow dangerous bacteria to grow.

Culinary

- Have a

handful of simple, mildly flavoured entree recipes that can be adapted.

- Never serve exactly the same thing two nights in a row (that is a "leftover," yuck).
- Repurpose cooked food creatively: Salmon goes into a salad, a sandwich or is tossed in pasta. It's boring just reheated. Steak is great chopped into fajitas. Chicken is lovely spiced up and tossed with focaccia, olives, tomatoes and cucumber to make a Tuscan salad. You get the idea.

Flavours

- Stick with world regions. For instance: If it starts out with Mediterranean tastes, the second supper should stay within that part of the world. A tomato-sauce roasted chicken leg won't turn into an Asian stir fry all that easily. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe serves eight. THERESA ALBERT

Better Spaghetti. Make more than you need, but get creative and don't fall into the traditional leftover trap

THERESA ALBERT
myfriendinfood.com

This dish is foolproof and all of the veggies virtually disappear into the sauce since they're grated. Double or triple this batch and store in small containers so you can use it in a variety of ways.

Second suppers

Wrap in burritos; serve with taco chips and salsa and melt with cheese as nachos; add a can of pinto beans and 1 tablespoon of chili powder, serve with roasted vegetables as chili.

1. Brown meat and drain all fat through a strainer, run under hot water.
2. Grate onion, carrots, green pepper, and garlic.

Ingredients

- 3/4 lb extra lean ground beef
- 1 whole onion
- 2 whole carrots
- 1 whole green or red pepper
- 3 cloves garlic
- 1 tsp grapeseed oil
- 1 tbsp Italian seasoning
- 1 tsp fennel seed, optional
- 1 can pumpkin
- 18 oz tomato sauce
- 1 can tomato paste
- 1 cup red wine, optional
- 1/2 cup flax seeds, ground

3. Use the same pot and drizzle oil into it to cook onion, carrot and green pepper, add back ground beef. Stir in garlic, dried herbs and stir. Add pumpkin, tomato sauce and paste and simmer to heat through.

4. Add wine if using and allow to simmer for at least 20 minutes, best if over an hour. Stir in flax seeds. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe serves six. PRESIDENT'S CHOICE

Pesto, the next generation

Pesto doesn't have to be made with basil — this version uses coriander, with sunflower seeds in place of the pine nuts.

1. In mini food processor, process garlic and sunflower seeds until chopped. Add coriander, oil and salt; process until finely chopped. Add 1/4 cup (50 ml) cold water; process into paste.

2. In saucepan of boiling salted water, cook pasta 10 minutes or until tender but firm. Drain, reserving 1/2 cup (125

ml) of cooking water. Leaving pasta in colander, place reserved pasta cooking water, coriander pesto and tomatoes in pasta saucepan; stir to mix.

Return hot pasta to saucepan; toss to coat with sauce. Transfer to serving bowl. Garnish with coriander sprigs.

PRESIDENT'S CHOICE

Ingredients

- 2 cloves garlic, peeled
- 1/4 cup (50 ml) salted roasted sunflower seeds
- 3 cups (750 ml) lightly packed coriander leaves and tender stems
- 1/4 cup (50 ml) PC Blue Menu Omega Oil
- Pinch salt
- 1/4 cup (50 ml) cold water
- 1 pkg (375 g) PC Blue Menu Fettuccine with Fibre
- 1 cup (250 ml) quartered cherry or grape tomatoes

Ready to play even on cobblestones

2015 World Cup.

Team Canada's players say they want no part in the turf-grass controversy with FIFA

Canada's women's soccer team is refusing to get involved in the turf war surrounding the 2015 Women's World Cup.

Earlier this month, a coalition of international star players, including Abby Wambach of the U.S. and Marta of Brazil, filed legal action with the Ontario Human Rights Tribunal seeking to have games played on natural grass rather than artificial turf.

The women allege discrimination, arguing that men would never play their World Cup on artificial grass.

"Honestly, it personally doesn't affect me, and I don't think it affects anyone on the team," veteran Canadian striker Melissa Tancredi said Monday. "I know that we have something special here, and all that external stuff is happening, and that's fine."

"It has nothing to do with us. We just know that we're here to perform. Whatever surface you give us, we're going to perform."

You get the hang of it



"I think it's something that your body gets used to, adapts to ... If you're not used to playing on it, the body can take a bit of a battering."

Vancouver Whitecaps' Irish international defender Andy O'Brien, who played more than 300 games in the English Premier League.



Sophie Schmidt, centre, is congratulated by teammates after scoring against Germany during a friendly game at BC Place in June, in Vancouver, where the pitch is artificial turf. JEFF VINNICK/BONGARTS/GETTY IMAGES

Tancredi made the comments as the Canadian women's side prepared to meet Japan in an international friendly Tuesday on artificial turf at B.C. Place Stadium in Vancouver. The game serves as part of preparations for the

2015 Women's World Cup that Canada will host next summer.

"I think it's personal preference and people being angry and having different agendas — and that has nothing to do with what we stand for," said Tancredi. "I don't want to get involved. I don't think any of us want to get involved."

The Canadian Soccer Association and FIFA, the sport's world governing body, have refused to budge on the issue.

"Everyone would love to play on grass, but it's not our focus," said Canadian captain Christine Sinclair. "We'll let other people worry about the

surface, and we'll prepare for the tournament. As a Canadian, it's an honour to have the World Cup in Canada and we want to do well in it."

Lawyers for the women say temporary grass surfaces at stadiums in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton would cost \$2 million to \$3 million at most.

Sinclair said she is not in a position to judge.

"I have no idea," she said. "All we know is that the World Cup was given to Canada on the basis of it being (played) on turf — and we're preparing for such." **THE CANADIAN PRESS**

Figure skating

Reynolds out of commission

Kevin Reynolds has withdrawn from this week's Skate Canada International in Ottawa as he continues to struggle with ill-fitting skates.

The native of Coquitlam, B.C., has had injury and equipment issues since last season.

"My decision to withdraw only comes after I have given my everything in training to prepare for this event — pushing through pain and injury," Reynolds said.

Reynolds, 24, is also pulling out of the NHK Trophy event in Japan in late November. He hopes to be ready for the upcoming Canadian Tire National Skating Championships in Kingston in January.

THE ASSOCIATED PRESS

Former NBA all-star

Blaylock's prison time reduced by 12 years in deal

Former NBA All-Star Daron "Mookie" Blaylock was ordered to spend three years of a 15-year sentence behind bars after he pleaded guilty in a car crash that killed a woman in Georgia.

His attorney, Amanda Palmer, tells the Atlanta Journal-Constitution that Blaylock agreed Monday to a plea deal on a vehicular homicide charge.

Blaylock was a first-round draft pick by the New Jersey Nets in 1989. He played for the Atlanta Hawks and Golden State Warriors and in the 1994 NBA All-Star game.

THE ASSOCIATED PRESS

Royals in the safe hands of a 23-year-old



Rookie Yordano Ventura of the Kansas City Royals during Game 2 of the 2014 World Series last Wednesday in Kansas City, Mo. GETTY IMAGES

The Royals turn to a 23-year-old rookie to save their season, but not just any 23-year-old rookie: the hardest-throwing starting pitcher in the major leagues.

Yordano Ventura gets the ball Tuesday night with the Royals trailing 3-2 in the World Series, the same position they were in when they sent Charlie Leibrandt to the mound against St. Louis 29 years ago. Kansas City won 2-1 that night on pinch-hitter Dane Iorg's two-run single in the ninth after a blown call by first base umpire Don Denkinger, and

the Royals went on to blow out the Cardinals 11-0 a day later for their only title.

"We have a lot of confidence in Ventura. We have confidence that we will win every time he takes the mound," Royals first baseman Eric Hosmer said. "We know we can do it. We're a confident group. But we can't do anything without winning Game 6. We're excited to get back home, where we feed off the fans and that energy."

In a matchup of Game 2 starters, the Giants go with

33-year-old Jake Peavy.

"He's one of the toughest guys out there on the mound," Giants third baseman Pablo Sandoval said. "He wants to finish it Tuesday."

The second all-wild card World Series has followed the pattern of the first in 2002. The Giants won the opener on the road, lost the next two games and won two in a row to take a 3-2 lead. San Francisco opened a 5-0 lead in Game 6 at Anaheim but lost 6-5, and the Angels won Game 7 the following night. **THE ASSOCIATED PRESS**

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You will know without understanding how you know when others are lying today. Act on your instincts when the alarm bells start to ring.

♉ Taurus

April 21 - May 21

Give yourself plenty of time to do the things that you want to do. The more others try to pin you down to plans that are not of your choosing the more loudly you should say "no".

♊ Gemini

May 22 - June 21

You will find out things about a friend or colleague that you had not even guessed at. Seems they have hidden depths — just like you.

♋ Cancer

June 22 - July 23

Refuse to settle for the same old way of doing things. Something you see or hear will make you realize there are many ways you can make life more interesting.

♌ Leo

July 24 - Aug. 23

A sudden insight into a money issue will convince you there is nothing to get worked up about. But others won't be so lucky. Do what you can to calm them down.

♍ Virgo

Aug. 24 - Sept. 23

Whatever else you do today don't get caught up in petty arguments — save your energy and passion for the really important things.

♎ Libra

Sept. 24 - Oct. 23

You must find ways to balance your head and your heart. If your inner voice urges you to be cautious, don't you dare ignore it.

♏ Scorpio

Oct. 24 - Nov. 22

A project you were once keen on is clearly not going to go any further so the sensible thing to do is to junk it altogether. Learn what you can from it and move on.

♐ Sagittarius

Nov. 23 - Dec. 21

The planets indicate you can be a force for good over the next few days. How? By acting according to your highest principles.

♑ Capricorn

Dec. 22 - Jan. 20

You must deliver on a promise you made a while ago, even if it means you have to change your plans. Your reputation could nosedive if you fail to deliver.

♒ Aquarius

Jan. 21 - Feb. 19

Just because you failed to reach a target does not mean you are a failure. Pick yourself up, dust yourself down and try again.

♓ Pisces

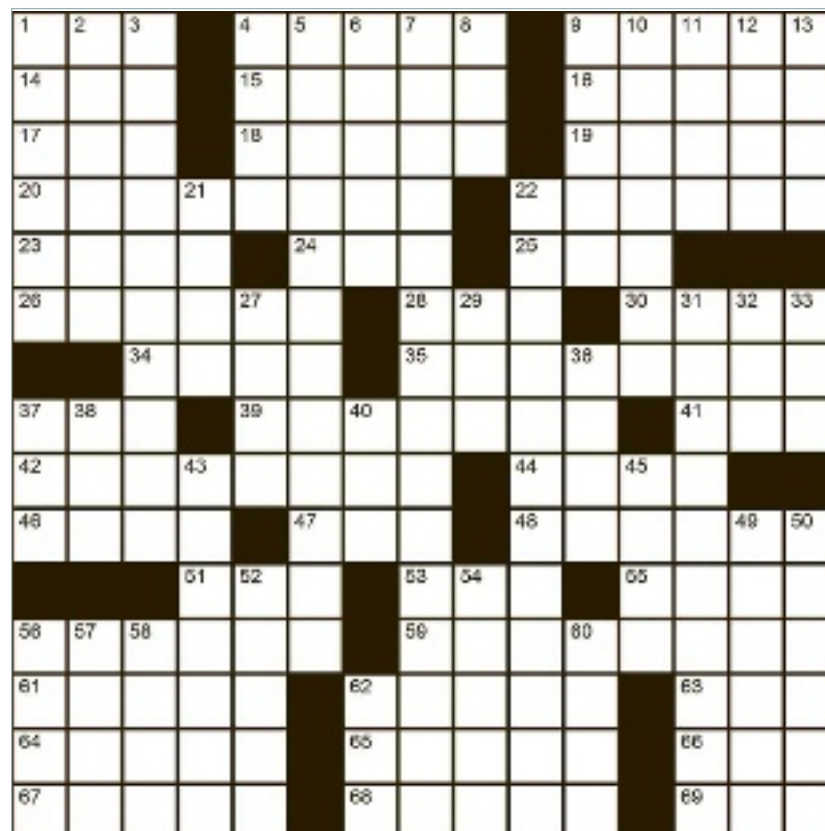
Feb. 20 - March 20

Don't worry too much about how you are going to do what has to be done, just greet the day with a smile and let your intuition guide you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "Chicago Fire" station
4. Instant
9. Athletic trivia
14. Songstress Rita
15. Many ___ ago...
16. "The Color Purple" (1985) character
17. Rocky hill
18. Sorrow
19. Mr. Sharif's
20. "Oh, never mind then.": 2 wds.
22. Printers make them
23. Sony co-founder Mr. Morita
24. Goblin's head?
25. Pre-Nixon Pres.
26. Callum Keith __, Canadian actor
28. Camel hair garment
30. Auctions: "Going ___"
34. Will of "The Waltons"
35. Easy-going
37. Illuminated
39. Notoriety
41. "La __ en Rose" by Edith Piaf
42. People from Halifax's province, Nova __
44. Ms. Hatcher
46. Mylene __-Robic, Canadian actress
47. Pre-U queue
48. Stature
51. East: German
53. Peer Gynt's mother



55. "Dynamite" by __ Cruz
56. Comfy fireplace feeling
59. Eddie Murphy's movie Dr. role
61. Sprang up
62. Songstress Ms. Simone's

63. Cousin on "The Addams Family"
64. Crouch
65. Ancient attractions
66. Q. "Does 'B' come first?" A. "___" does."
67. Church songs
68. Brazilian author, Jorge __

69. Economic fig.

5. "One More Astronaut" band: 3 wds.
6. Fancy-sounding manuscript
7. Investors Group Field, for the Winnipeg Blue Bombers: 2 wds.
8. Grad-to-be, briefly

9. Shaggy's dog, for short
10. Gig from a place-name agency.: 2 wds.
11. Jai's pal
12. Michelin product
13. Legis. meeting
21. GWTW part
22. Be an explorer in early Canada, discover some new place, do this for your King: 3 wds.
27. Yesterday, in Italy
29. Sheep's call
31. The Oil Man and the Sea: __ the Northern Gateway (2014 Governor General's Literary Awards finalist)
32. Nero's 201
33. Just manage, __ out
36. Music: __-Lite
37. Psychedelic drug
38. Here: French
40. Belonging to a Canuck train co.
43. Ottawa-born actor, Gordon __
45. "Hud" (1963) director Martin
49. Hotels name
50. Dancer's move
52. Instructions increments
54. Ms. Braga
56. Laundry
57. Creative
58. Space
60. "This __ sudden!"
62. Firearms org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Conceptis Sudoku

By Dave Green



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